



September Feature

Returning to Work After a Leave of Absence

Taking time away from work can be challenging. There can be feelings of insecurity and difficulties integrating back to your work environment. Try to ease back in to work at your own pace and create a smart plan of action to guide your return. Read [Returning to Work After a Long-Term Absence: Plan your return with your manager.](#)

Everyone's path to reintegration is different; it often helps to get back to a structured routine. This can include regulating your sleep and meal schedule or slowly easing back into a regular fitness program. Check out some more tips in the article [Returning to Work After a Long-Term Absence: Get the help and support you need.](#)

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Search the platform any time for helpful resources related to this topic.

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